



Post Op
Appointment: _____
Time: _____

Postoperative instructions - Retina surgery

- Leave your eye shield and patch on until your same day or next day visit, when they will both be removed.
- You may shower below the neck and may wipe your face with a wet towel (if needed), taking care to avoid getting water in the eye for 1 week. Avoid hair wash at a salon. You may wash your hair, if someone does it for you at home, taking care to avoid water in the operated eye.
- Blood may be seen in the eye patch, and you may notice blood-tinged tears for a few days.
- Mild pain and soreness is common you may use Advil, Aleve or Tylenol as directed in the package, per your preference.
- Foreign body sensation in the eye is common and usually due to the resorbable sutures placed during surgery.
- It is ok to restart your medications as usual.
- You may sleep with the shield at night for a week after surgery to protect the eye.
- Postoperative droopiness of the eyelid is expected, and commonly improves over time.
- **Use prescribed eyedrops as directed, starting when the eye patch is removed at the follow up visit with Dr. Sein.**
- **When indicated by your doctor, follow the postoperative positioning instructions.**
- Some vision and pain fluctuation are expected - contact the office in case of vision loss and/or worsening pain and/or severe headache or nausea.
- Avoid sauna, hot tub use and swimming for one month.
- Avoid use of makeup and/or eyelash extensions on the day of surgery.
- Avoid vigorous activities that involve impact, such as running, biking and playing tennis for one month. Avoid bending over and lifting objects >15lbs until your doctor clears you. (Usually in 1-2 weeks)
- **If you have a gas bubble, you are not allowed to fly until the bubble is gone. Keep your gas bracelet on at all times.**
- You may eat or drink what you usually do.

****Please call our office (661) 455-7797 if you have worsening severe eye pain, increase in light sensitivity, or severe decrease in vision compared to day after surgery.**